



Dear Parent

We are approaching the time of year when those nasty influenza viruses will start to spread and cause illness amongst Stockport residents. This is usually between early December and April.

If your child was aged 2, 3, or 4¹ (on 31st August 2016), they are eligible for a FREE nasal flu vaccine to protect them against flu this coming winter.

The nasal vaccine is given by spraying a very small amount of fluid vaccine up each nostril – it's easily administered and painless. **There is no injection involved.** This is the 4th year that this type of vaccine has been used in the UK although it has been given in America for several years.

It is a very safe vaccine – the most common side effect, seen in about one in ten children, is a runny nose coming on a day or two after vaccination and lasting for a couple of days. The vaccine may also have the added benefit of stopping your child spreading influenza to any vulnerable members of your family such as individuals aged 6mths - 64yrs with an underlying medical condition, young babies, or elderly relatives with whom they have contact.

The vaccine doesn't stop coughs or colds, but is very effective at preventing influenza, an illness that can be severe and sadly sometimes life-threatening.

Nasal flu vaccines will be available for eligible 2, 3 or 4 year olds from the end of October – don't delay, contact your GP to arrange vaccination for your child.

Kind regards

Dr Steve Watkins
Director of Public Health
Stockport MBC

Dr Ranjit Gill
Chief Clinical Officer
Stockport CCG

Dr Chris Cooper
Consultant Paediatrician
Stockport NHS Foundation Trust

¹ Children aged 5-17 years who fall into an 'at-risk' category will also be offered a flu vaccination at their General Practice